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KATHERINE MATTHIES FOUNDATION, VALLEY COMMUNITY FOUNDATION, MABEL BURCHARD FISHER FOUNDATION, SEYMOUR LIONS CLUB, AND GRIFFIN HOSPITAL

THEIR ADDITIONAL SUPPORT ALLOWS US TO REDUCE RESIDENT COSTS OF SELECT PROGRAMS AND ACTIVITIES.







276 Oxford Road Oxford, CT 06478

Christine. Aquila@coldwellbankermoves.com



~ SEYMOUR LIONS CLUB ~





Looking to Serve Community? Be Kind Join a Lions Club.

Email: seymourlions52@att.net





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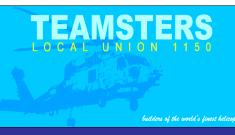
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**f** 

JoElle Anderson



TO REGISTER FOR A PROGRAM OR ACTIVITY VISIT SEYMOURCT.MYREC.COM

# Seymour Community Center

2024 FALL/WINTER PROGRAMS

# **Community Events**



## **MOTHER SON NIGHT OF FUN**

Join us for a heartwarming and memorable night that celebrates the unique bond between Mothers/Guardians & sons.

Oct 1116-8 pm I \$TBD | Reg opens Sept 6



### **PUZZLE PALOOZA**

Join as teams race to complete a 500 piece puzzle. Snacks provided. Prize for the winners.

Oct 18 | 6 -8 pm | \$20/team Jan 31 I 6 -8 pm I \$20/team



#### **FATHER DAUGHTER DANCE**

Join us for a heartwarming and memorable night that celebrates the unique bond between Fathers/Guardians & Daughters.

Feb 716 - 8 pm 1\$TBD | Reg opens Jan 3

# **Community Health & Fairs**

#### **BLOOD DRIVES**

Sept 6, 12 - 5 pm

Nov 1, 1 - 6 pm

Sponsored and administered by **American Red Cross** 

#### **VETERAN BENEFITS FAIR**

Various VA organizations, will be available to ask 1-on-1 questions about services & benefits and help, apply for benefits on-site.

Oct 9 | 6 - 8 pm | Free Sponsored by American Legion Post 10

## **COVID & FLU CLINIC (18+)**

Oct 15 | 10-1pm **BRING Ins CARD** 

Sponsored and administered by Naugatuck Valley Health District

## First Selectwoman's Corner

#### **TOWN OF SEYMOUR WEBSITE**

Want to know when the next town meeting is? Want to know "What's Happening in the 888"? Stay up to date on all the great things happening in Seymour by visiting our website at

www.seymourct.org

#### **CODE RED SYSTEM**

Seymour uses the Code Red System to provide residents with emergency updates and important community notifications. Sign up at:

https://public.coderedweb.com/CNE/en-US/0B082BD76D7C

#### **ELECTION DAY**

The Presidential Election will take place on Tuesday, November 5, 2024. Polling places will be open from 6:00 am until 8:00 pm. Should you have questions on early voting, registering to vote or your polling location, please call our Registrar of Voters at (203) 881-5039.

# **Community Resources**

## **MUNICIPAL & VETERAN'S SERVICES**

### dhunter@seymourct.org, 888-0406 xt. 3

Dawnmarie Hunter, Municipal Agent is a LCSW with 20 years of experience. She helps residents with many aspects of life such as caregiving issues, domestic violence concerns, & coping. She is also available to provide information on and assist with applications those hard to navigate State programs including:

- Renter's Rebate
- Farmer's Market Cards
- Medicaid DSS paperwork CT Homecare
- Food stamps/SNAP QMB/Medicare Savings Senior Housing
- **TRANSPORTATION**

Seymour Community Center provides transportation on Tuesdays to local grocery stores, Valley area doctors and the Seymour-Oxford Food Bank. Call 888-0406 for reservations 48 hrs. in advance.

Seymour Oxford Food Bank is located at the rear of the Seymour Community Center and open Tues, Thurs, & Saturdays. Call (203) 888-7826 for appointment.

RECREATION FOR YOUTH. **ADULTS & SENIORS** 

Providing recreational, educational, and social programs and services for all Seymour Residents

> **Mary McNelis** Director

**Tara Miller** 

**Community Services Assistant** 

Morgyn Manzer Active Adult Coordinator

**John Fracker** Parks & Recreation Manager

**Dawn Hunter, LCSW** Municipal Agent

## **Seymour Community Center**

#### **Administrative Office Hours**

Mon – Thurs 8 am - 4:30 pm Friday 8 am - 12 pm

> **20 Pine Street** Seymour, CT 06483 (203) 888 - 0406

facebook.com/seymour.ct Register at: https://seymourct.myrec.com

# Pre-K Programs (Ages 2 - 5)

### A STEP AHEAD SOCCER PROGRAM

This program introduces kids to the game of soccer and team sports.

Sun | Sept 15 | 12 pm | \$ varies | 7 wks | BES Sun | Jan - Mar | TBD | \$ varies | 7 wks | BES

#### **MUSIC WITH JUDY**

Parent & Me class consisting of nursery rhymes and classic rock and roll songs. 6weeks Thu | Sept 26 | 9:30 - 10:15am | \$80

#### **FUTURE STARS BASKETBALL**

This co-ed instructional program features lower baskets, smaller balls, game play and contests. Sat | Dec 7 - Jan 18 | Time Varies | \$110

## **After School Programs**

#### **TAYLOR SWIFT CLUB**

Calling all Swifies! Learn about the singer herself while playing Swifty games, karaoke fun, and making friendship bracelets.

Mon | Sept 23 | 3:40 pm | \$75

#### **CHESS WIZARDS**



Six weeks of fun, informative and challenging chess lessons.

Mon | Sept 23 | 3:40 pm | \$135 | CLS Tue | Sept 24 | 3:40 pm | \$135 | BES

#### IGGLING PIG ART

A six week art program. Each class will take a creative art journey with projects such as painting a ceramic/wooden character or making their own slime!

Tues | Sept 24 | 3:40 pm | \$125 | CLS Fri | Jan 27 | 3:40 pm | \$125 | BES

#### **MAD SCIENCE**

Mad Science delivers a unique hands on 6 week experience that is fun and educational. Go line for different topics covered this fall.

Wed | Sept 25 | 3:40 pm | \$125 | CLS & BES

#### **LASER TAG ON THE GO**

An adrenaline-pumping, fun 6 week gaming experience with unlimited mission scenarios to thrill players of all ages.

Thu | Sept 26 | 3:40 | \$145 | CLS

Create a mix of sweet and savory snacks while chopping, mixing, stirring and learning about food in this 6 week program.

Tue | Jan 14 | 3:40 pm | \$125 | BES Fri | Jan 24 | 3:40 pm | \$125 | CLS

After the bell rings come play Dodgeball with your

Thu | Jan 23 I 3:40 pm I \$65

## **Youth Sports**

6 week program featuring Esports Foundation and Fortnight Gaming.

Fri | Sept 20 | 6 - 7:45pm | \$135

#### **FUTURE STARS BASKETBALL (GRS K - 2)**

This co-ed program features lower baskets, smaller balls, instruction & game play.

Sat | Dec - Jan | Varies | \$110

#### **RECREATIONAL BASKETBALL (GRS 3 - 8)**

This Co-Ed League is for residents only. Mon/Wed | Dec - Feb | Varies | \$110

#### TRAVEL BASKETBALL (GRS 5 - 8)

Seymour Travel Basketball is for residents only. Practices are held in Town. Games are held in Milford & Trumbull.

Oct Tryouts | Nov - March I Varies I \$TBD

#### **HIGH SCHOOL BASKETBALL (GRS 9 - 12)**

Friday Night HS Pick-up Bball at Seymour CC will run 6 weeks.

Fri | Nov 8 | 6 - 8 pm | \$35

#### **OPEN BASKETBALL (AGES 14+)**

Open Basketball at Seymour CC.

Mon - Thur | Ongoing I 2:15 - 4:15 pm | Free

#### **MS SKI & SNOWBOARD CLUB**

Hit the slopes this Winter with friends for some night skiing & snowboarding at Southington Mountain. Tix & Tran for 4 Fridays. Fri | Winter 2025 | 4:30 - 10:30 pm | \$TBD

# **Multigenerational Classes**

# INTERGENERATIONAL ART (11+) Join fellow budding artists and use your

creativity! Watercolor

Cartooning

Nov 21 | 3 pm |\$5 Jan 30 | 3 pm |\$5

#### **BING YOUR GRANDCHILD TO BINGO**

Enjoy pizza, ice cream, bingo & prizes.

Dec 30 I 12 pm I \$5/pp

# **Aquatic Programs**

#### **SWIM LESSONS**

Pre-K to Beginner 30 min classes. Tues & Sat | Date & Times TBD | \$120/6 wks



## LAP SWIM, AT SHS POOL

Tues, 5:30 - 8:30 pm & Sat, 10 am -1 pm | \$25

## **Adult Sports & Fitness**

#### **COUNTRY LINE DANCING**

Learn a variety of classic and contemporary country line dances.

Tues | Nov 12 | 7 - 9 pm | \$75/session\_

#### **ZUMBA DANCE**

Zumba Dance takes the "work" out of a workout and mixes low & high intensity moves for calorie -burning fitness party.

Mon/Sat | Sept 7 I \$45/\$75/session

#### **ZUMBA TONING**

A dance fitness class that uses light weights to tone specific muscle groups.

Thu | Sept 5 | 6 pm | \$45/ session

#### **BASKETBALL LEAGUES**

Team registration available. Games played at various gyms.

18+ | Tu/Thu | Sept - Nov I 6-9 pm I \$645/Team 30+ | Sun | Feb - Mar I Varies I \$TBD

**SELF DEFENSE CLASS (16+)** 

Learn awareness, prevention tips, and strategies to disable and escape an assailant.

Tues | 7 pm | Oct 1 | \$60/session

#### **BALLROOM DANCE**

Learn various Latin and Ballroom dances such as Salsa, Cha-cha, Swing, Tango, Foxtrot, and Waltz. No partner needed. Beginner level.

Thu | Sept 26 | 7 pm | \$30/session

### **FITNESS CENTER**

The Community Center Fitness Room is open to Seymour Residents and Active Adult (50+) Members. It includes two treadmills, a rower, bike, and free weights.

M - Th, 8 - 4 pm | Fri, 8 - 11:30 am | Free



#### **PICKLEBALL**

is played on a badminton-sized court with 2-4 players and uses hard paddles to hit a whifflelike ball over a low tennis net.

#### OPEN PLAY PICKLEBALL—DAY (50+)

M-Th | 8:15 - 9:45am/11-2pm | Members Only

## **PICKLEBALL TOURNAMENT (50+)**

Pick a partner & register for this friendly competition. Pizza & Prizes.

#### Thu | Jan 23 | 10 am | \$10 | Members Only **PICKLEBALL RECREATIONAL LEAGUE**

Pick a partner & join this 6 week friendly fun league. Prizes for winning team.

Thurs | Sept 26 | 6:30 - 8:30pm | \$60pp **OPEN PLAY PICKLEBALL- NIGHT (18+)** 

Join fellow Pickleballers for a fun night of play. Discount for Recreational League Players. Tues | Sept 24 | 6:30 - 8:30 pm | \$60/session

**QUASSY TOWN FUN DAYS** Visit Quassy.com and use Code

Seymour24 for discount.

Sept 30 & Oct 1 | 11 am - 5 pm | \$10\*

\*Trans & Parking not included/Waterpark closed

# THE THE BIG E (21+)

This annual fair has Venders, Food, Parades, Bands, Floats & More!

Sept 25 | 9:30 am | Full/Waitlist Accepted\*

Sept 26 | 9:30 am | \$20

## **Community Trips**

### **SHUBERT THEATRE**

Dear Evan Hansen, A Tony and Grammy-winning Best Musical sensation and the first contemporary musical about connection in the digital age. Nov 23 | 12 pm | \$95 Tix & Trans

#### **WOODBURY COMMONS OUTLETS**

Complete your holiday shopping! This Premium Outlet Center has 200+ stores! Dec 7 | 8:30 am | \$15



#### **PALACE THEATER**

The Addams Family, embraces the wackiness in every family. A magnificently macabre hit musical featuring your favorite creepy cast!

## Jan 18 | 1:15 pm | \$80 Tix & Trans

#### **ADVENTURES OF ITALY 2025** Oct 17-29 | \$4,999/pp/ DO

This 13 day/20 meal tour takes you through Sicily and the coastlines of Southern Italy.

Info Session: Oct 2, 2024 | 6:30 pm | Reg Req

# Active Adults (50+)\*

## **Monthly Activities**

#### **HAIRCUTS**

Hair by Donna brings affordable haircuts to our Center! Book apt. with us.

1st Wed | 12:30 - 4:30 pm | Apt reg | \$10

#### **CHAIR MASSAGE**

Christine Gomulinski, LMT brings affordable Chair Massages the Center! Book your appointment.

1st/3rd Weds | 10 am - 1 pm | Apt req | \$15

#### **TECH TIME 1:1**

Ask questions or get help with: Iphone, Smartphone, Ipad/tablet, Laptop, MyRec, Google, Pictures, Email, MS Word/Excel. 20 min one on one appointment.

1st Thur | 2 - 4 pm | Apt req | Free

# Monday | 1:30 pm | Free | Popcorn \$1

Sept 9 The Fall Guy Jan 13 Argylle Oct 21 The Black Phone Feb 10 Anyone But You Nov 18 Civil War Dec 9 Kiss Kiss Bang Mar 10 Twisters

# Lunches

#### **BINGO & LUNCH**

2 Bingo Cards & either Pizza, Hot dog, BLT Last Tues | 12 pm | \$3

### **LUNCHES & SOCIALS**

#### Weds | Times Vary | \$ Visit website Registration opens on a monthly basis

| Chicken Cacciatore  | Sept 11 | Holiday Dinner   | Dec 18 |
|---------------------|---------|------------------|--------|
| Cheeseburger Day    | Sept 18 | Meatloaf & Magic | Jan 8  |
| Fried Chicken       | Oct 9   | Swedish Mtballs  | Jan 15 |
| Pierogis & Kielbasa | Oct 16  | Italian Feast    | Feb 12 |
| Vet's Pasta Dinner  | Nov 13  | Beef Stew        | Feb 19 |
| Thanksgiving        | Nov 20  | St. Paddy's Day  | Mar 12 |
| Holiday Brunch      | Dec 11  | Soup & Sandwich  | Mar 19 |

#### **LUNCH & LEARNS**

#### Lunch served at 12 pm all workshops | Free

| •                            |         |  |
|------------------------------|---------|--|
| Aging Happily                | Sept 19 |  |
| Credit Scores & Reports      | Oct 2   |  |
| Headaches Decoded            | Oct 10  |  |
| Tips + Tricks Reduce Sodium  | Nov 14  |  |
| 10 Tips to Boost Your Energy | Dec 12  |  |
| Acupuncture 101              | Jan 9   |  |
| 5 Steps to Better Digestion  | Feb 13  |  |
| Moving Meditation            | Mar 13  |  |
|                              |         |  |

# **Weekly Activities & Fitness**

| <u>Activity</u>   | Days               | <u>Times</u>     |
|-------------------|--------------------|------------------|
| Pickleball        | Mon - Thurs        | Varied           |
| Cribbage          | 1st Tues           | 11:30 pm         |
| Bingo<br>Band Jam | Tues<br>Tues/Thurs | 12:30 pm<br>1 pm |
| Board Games       | 2nd Wed            | 2 pm             |
| Mahjong           | Tues/Wed           | 1 pm             |
| Pinochle          | Thur               | 12:30 pm         |
| Crochet/Knitting  | Fri                | 930 am           |
| Fitness Class     | Days               | Times            |

| , 0              |          |          |
|------------------|----------|----------|
| Pinochle         | Thur     | 12:30 pm |
| Crochet/Knitting | Fri      | 930 am   |
| Fitness Class    | Days     | Times    |
| Zumba Gold       | Mon/Wed  | 10 am    |
| Chair Yoga       | Mon/Thur | 11/10 am |
| Ballroom Dance   | Mon      | 1 pm     |
| Zumba Tone       | Tues     | 10 am    |
| Mat/Wall Pilates | Wed      | 9 am     |
| Standing Pilates | Thurs    | 11:15 am |
| Strength & Tone  | Fri      | 10 am    |
| Poise & Posture  | Fri      | 11 am    |
|                  |          |          |

# **Day Trips\***

#### **CASINO TRIP**

Enjoy a day at the casinos via the CC Bus. Sept 30 | 8 am | \$15 | Mohegan Oct 30 | 8 am | \$15 | Foxwoods

Shake Rattle n' Roll Dueling Pianos —Two top piano entertainers battle it out and mix music, comedy and audience interaction in a singalong, laugh along, dance along show you'll never forget! Package includes: Tix, trans, coffee & donuts, beer/wine, lunch, and door prizes!

# **NELSON HALL PERFORMING ARTS**

Beainnings: Celebrating the Music of Chicago Oct 24 | 1 pm | \$50 Ticket & Transportation

## A Swingin' Christmas

# Dec 5 | 1 pm | \$50 Tix & Trans

Mohegan Sun's 38th annual award-winning arts & crafts festival. Find something special &unique for everyone on your holiday list with 350+ popup shops by American Artisans.

# **Programs**

#### **UKULELE BEGINNER LESSONS**

Tues | Sept 24 | 2:30 pm | \$20 | 4 wks

#### **PAINT A PUMPKIN**

Get in the festive spirit and paint a

#### **MEDICARE INFORMATIONAL SEMINAR**

Understanding Medicare can be challenging. New regulations, additional coverage for your needs will be discussed.

## Oct 17 | 1 pm | Free

Sept 10 | 10:15 am | \$60

with Louis Prima Jr and the Witnesses

# NEW ENGLAND CHRISTMAS FESTIVAL

Nov 8 | 9 am | \$20 Tix & Trans

Learn to become a Uke player—it's fun and easy! Meets Bi-Weekly.

pumpkin! Take it home or leave it on display at the Center. Supplies provided.

Oct 3 | 1 pm | \$5

coverage needed and the best supplemental

## SOAP MAKING CLASS

Create and take home 1/2 pound of your own handmade melt & pour soap. Dec 5 I 1:30 pm I \$20

#### **LONG-TERM HEALTH CARE**

Feb 20 | 1:30 pm | Free

Key topics include understanding long-term care needs, evaluating financial strategies, the benefits of early planning, and discussions on legal documents and financial planning presented by Lou and Jessica Pelletier.

## **Ballroom Dance Night**

Enjoy a night of dancing. Free dance lesson with Gabi Takac-Fabry, former partner of Tony Dovolani from Dancing with the Stars.

Nov 1 | 6:30 pm - 9 pm | \$15

\*An Active Adult Membership is required to attend Programs & Trips - Res \$10/80+ Free / NR \$20/80+ \$10 / Vets Free